



Indian-Spiced Sockeye and Grilled Potato Salad

 Gluten Free

READY IN



145 min.

SERVINGS



4

CALORIES



526 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon brown mustard seeds
- ☐ 0.5 teaspoon ground pepper
- ☐ 0.3 cup cilantro leaves chopped
- ☐ 0.5 teaspoon cinnamon
- ☐ 0.3 teaspoon ground cloves
- ☐ 1 tablespoon ground coriander
- ☐ 1.5 teaspoons ground cumin

- ☐ 1.5 tsp kosher salt
- ☐ 1.5 tablespoons juice of lemon
- ☐ 1.3 cups yogurt plain low-fat divided
- ☐ 2 tablespoons onion diced red
- ☐ 1.3 pounds potatoes – remove skin red thick sliced
- ☐ 4 fillet salmon fillet thick
- ☐ 1.5 teaspoons turmeric
- ☐ 0.3 cup vegetable oil

Equipment

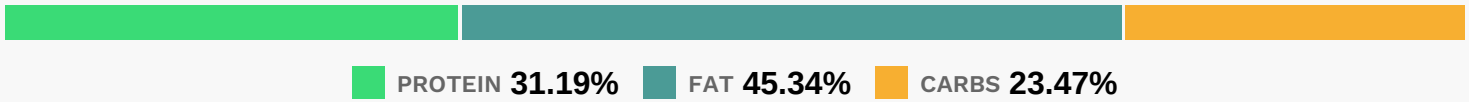
- ☐ bowl
- ☐ frying pan
- ☐ knife
- ☐ whisk
- ☐ grill
- ☐ aluminum foil
- ☐ grill pan

Directions

- ☐ Heat oil in a frying pan over medium heat.
- ☐ Add mustard seeds and cook until they pop, 2 to 3 minutes. All at once, stir in remaining spices and 1 1/2 tsp. salt; cook until fragrant, 30 to 45 seconds.
- ☐ Remove from heat and whisk in 1/2 cup yogurt.
- ☐ Stir 3 tbsp. spice mixture with remaining 3/4 cup yogurt in a bowl; chill. In a shallow bowl, combine remaining spice mixture with lemon juice and 3 tbsp. water.
- ☐ Let cool.
- ☐ Add salmon, turn to coat, and chill, covered, at least 1 1/2 hours or overnight.
- ☐ Heat grill to medium (350 to 450).
- ☐ Transfer salmon to a plate. Turn potatoes in marinade.

- ☐ Let reserved yogurt sauce stand at room temperature. Spray 2 perforated grill pans* with cooking oil spray, then arrange potatoes in a single layer over 1 1/2 pans, spray them with oil, and spray salmon. Reserve remaining marinade.
- ☐ Grill potatoes, covered, until browned on underside, 15 minutes. Turn over, brush with remaining marinade, and cook until second side is brown, 5 to 8 minutes; as done, transfer to a bowl and keep warm. Meanwhile, set salmon oiled side down on empty half of grill pan; cook, turning once, until just cooked through, 5 minutes total.
- ☐ Toss potatoes with onion and chopped cilantro, then spoon onto plates.
- ☐ Add salmon and garnish with cilantro sprigs.
- ☐ Serve with reserved yogurt sauce and add more salt to taste.
- ☐ *Or fold 2 sheets of foil in half. Poke dime-size holes in them about 2 in. apart, using a small knife.

Nutrition Facts



Properties

Glycemic Index:26.5, Glycemic Load:0.16, Inflammation Score:-10, Nutrition Score:35.870869595072%

Flavonoids

Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 2.49mg, Quercetin: 2.49mg, Quercetin: 2.49mg, Quercetin: 2.49mg

Nutrients (% of daily need)

Calories: 526.26kcal (26.31%), Fat: 26.52g (40.8%), Saturated Fat: 4.64g (28.98%), Carbohydrates: 30.89g (10.3%), Net Carbohydrates: 27.29g (9.92%), Sugar: 7.69g (8.54%), Cholesterol: 98.09mg (32.7%), Sodium: 1029.17mg (44.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 41.05g (82.09%), Vitamin B12: 5.83µg (97.25%), Selenium: 66.81µg (95.44%), Vitamin B6: 1.7mg (85.25%), Vitamin B3: 15.25mg (76.25%), Phosphorus: 555.12mg (55.51%), Vitamin B2: 0.87mg (51.14%), Potassium: 1734.85mg (49.57%), Vitamin B5: 3.7mg (37.02%), Vitamin B1: 0.55mg (36.73%), Copper: 0.66mg (32.97%), Vitamin K: 33.06µg (31.49%), Magnesium: 105.64mg (26.41%), Manganese: 0.49mg (24.37%), Folate: 80.62µg (20.16%), Iron: 3.61mg (20.07%), Calcium: 199.59mg (19.96%), Vitamin C: 16.37mg (19.84%), Zinc: 2.43mg (16.18%), Fiber: 3.6g (14.42%), Vitamin E: 1.35mg (9.01%), Vitamin A: 299.53IU (5.99%)